



## Soup's on...ladle up!

With the temperatures dropping, now is the perfect time to warm up with a hot bowl of soup. Soup is a tasty, convenient and inexpensive way to add healthy foods into your diet.

Soup acts as a great tool for curbing your appetite and slows down your eating. A dish with mostly broth works to fill you up quickly. Eating soup is also a very involved process because it requires you to slurp, smell, spoon, taste and chew. Eating at a slower pace has been associated with becoming fuller sooner and consuming fewer calories.

Buying soup from the store can be easy and convenient, but beware because it tends to be higher in salt. In canned soups with more broth, you can rinse or water it down to lower the amount of salt. Always refer back to the food label when unsure.

To add more flavor to your soup you can incorporate herbs and spices such as pepper, basil, parsley, oregano, garlic and ginger. Experiment and find out what you like best.

Add some more calcium and protein to your soup with the use of skim milk or calcium fortified soymilk instead of water. Increase the nutritional value of soup even more by adding frozen, leftover or fresh vegetables. Broccoli, corn, celery, carrots, potatoes

and spinach work well in most soups. To assure feeling full after a meal, add beans, lentils, lima beans, brown rice, barley or whole wheat pasta to increase fiber and protein content.

### Homemade Vegetable Soup Recipe:

- 2 cups chopped onions
- 1 cup sliced celery
- 2 teaspoons Italian seasoning
- 3 (14.5 oz each) cans vegetable or chicken broth
- 1 can (28 oz) diced tomatoes
- 1 tablespoon tomato paste
- 8 cups mixed fresh or frozen vegetables (carrots, corn, green beans, peas, potatoes, zucchini)

### Directions:

1. Cook onions, celery and Italian seasoning in pot with 2 tablespoons olive oil, 5 to 8 minutes
2. Add broth, diced tomatoes, tomato paste and 3 cups of water. Bring to a boil then simmer 20 minutes.
3. Add vegetables to pot and simmer for 20 to 25 minutes. Season with salt and pepper as desired.





The Public Library right here in downtown Fond du Lac is a great resource for you and your child. With a free library card and plenty of books to choose from, you cannot go wrong!

### How to get a card?

Sign up for a free library card at the Main Desk on the first floor of the Fond du Lac Public Library. Bring proof of your current address such as a driver's license or a recent bill. For a minor under the age of 16, a signature is required by a parent or guardian. The process is quick and easy, allowing you to leave with the card and/or borrow a book that same day! Once you are all signed up you can visit the library website (<http://www.fdlpl.org>) or call 920-929-7080 to check on your account.

### Programs for Kids

- **1,000 Books Before Kindergarten** is a free do-it-at home program at the Fond du Lac Public Library. You can register your child at any age before they enter kindergarten. Your child will receive a program folder and reading log to record the first 100 books you read together. For every 100 books that you read, your family will receive fun rewards.
- **Reading with Preschoolers and Growing Wisconsin Readers** are programs that offers tips on how to read to your child from infancy through the preschool years along with what type of books work well, and how to prepare them for reading. By spending time with your child and sharing books, it strengthens their foundation and prepares them for school.



You can also visit the Spillman Public Library in NFDL or the Ripon Public Library for the same or similar programs.

<http://www.riponlibrary.org>  
<http://www.northfonddulaclibrary.org>



### Breastfeeding Corner

Would you like an effective method for pumping more milk?

When a mom uses a breast pump she may think the pump will do all the work of milk removal. A 2009 study showed that using "hands on pumping" can produce an average of twice as much milk removed, and, the milk contained twice as much fat than using the pump alone. Drained breasts make milk faster, and "hands-on pumping" helps drain your breasts more fully.

For a demonstration of this technique, watch the online video "How to Use Your Hands When You Pump" at:

<http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>. This is a summary of the steps:

- 1) Massage both breasts first and then compress while pumping
- 2) Massage your breasts again towards the end of pumping, concentrating on areas that feel full.
- 3) Finish by expressing the last of your milk with your hands, moving back & forth from breast to breast several times until you've drained both as fully as possible.

These online videos demonstrate 2 different hand-expression techniques that can be used as part of hands-on pumping: <http://newborns.stanford.edu/Breastfeeding/HandExpression.html.com> and <http://ammehjelpen.no/handmelking?id=907>.



### Fond du Lac County Immunizations

If you have insurance through an employer, you should see your doctor for immunizations. **If you have Badger Care, vaccines are available at the Health Department on the 2<sup>nd</sup> Monday of each month from 3:00-5:00 PM.** Please call before coming to make sure vaccines are available. If you have any questions, please call the Health Department at 929-3085.

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